

Cutting Weight (6 Meals Daily) (g) Fasting Cardio. A little more advanced.

Meal #	Item	Serving	Protein	Carb	Fat	Calories
1						
Protein	Egg Whites	10	36			170
Protein						
Carbs (g)	Oats (Cup)	0.5	6	28	2	154
Fat						
Veggie						
Veggie						
Fruit						
Liquids	Water (oz) w/ Lemon	20				
Liquids						
Other	Multi Vita, FO, CLA, Probiotic					
Total			42	28	2	324

Meal #	Item	Serving	Protein	Carb	Fat	Calories
2						
Protein	Whey (Scoops)	2	50			200
Protein						
Carbs	Oats (cups)	0.25	3	14	1	77
Fat	MCT Oil (Tbsp)	1			14	130
Veggie						
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other						
Total			53	14	15	407

Meal #	Item	Serving	Protein	Carb	Fat	Calories
3						
Protein	Ground Turkey 99% (oz)	6	31.5		12	255
Protein						
Carbs	Sweet Potato (oz)	6		36		150
Fat						
Veggie	Broccoli (Cup)	1	3.7	11.2	1	55
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			35.2	47.2	13	460

Meal #	Item	Serving	Protein	Carb	Fat	Calories
4						
Protein	Chicken (oz)	6	33		9	210
Protein						
Carbs	Brown Rice (oz)	6		36		186
Fat						
Veggie	Asparagus	6				6
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other						
Total			33	36	9	402

Meal #	Item	Serving	Protein	Carb	Fat	Calories
5						
Protein	Beef (oz)	6	36		13.2	270
Protein						
Carbs	White Potato (oz)	6		36		156
Fat						
Veggie	Spinach (cup)	1	1	1.1		7
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			37	37.1	13.2	433

Meal #	Item	Serving	Protein	Carb	Fat	Calories
6						
Protein	Cod or Tilapia	8	44.8		4	216
Protein						
Carbs						
Fat	MCT Oil (Tbsp)	1			14	130
Veggie	Spinach (cup)	1	1	1.1		7
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other						
Total			45.8	1.1	18	353

Diet Protei Carbs Fats Calorie
 246 163.4 70.2 2379

Cardio 30 mins fasted in the AM & 30 mins post workout

Substitutes for Meals #3,4,5
 You may Sub the Proteins for Chicken, Turkey, or White fish

Condiments: Unlimited
 Lemon Juice, Lime juice, vinegar, soy sauce, mustard, herbs and spices, salsa, splenda.

Condiments: On Occasion
 Low Carb Ketchup

Cheat Meals:
 Take 1 cheat meal of your choice a week. Only have it on a high carb day.

Fiber & Unlimited Foods
 Spinach, Arugula, Peppers, Onions, Arugula, Kale, Mushrooms, Celery, Cucumbers

Beverages: Unlimited
 Crystal Light, unsweetened tea, herbal tea, coffee.

Beverages: Occasionally
 (No more than once a day) Diet Soda